

PUBLIC LECTURE: Prof. Kirsty Elliott-Sale

Menstrual cycle based training - What is the evidence?

Monday
13 Jan 2025
4 pm - 5 pm



Bldg B 8.1
Room 0.22



Kirsty works at the Institute of Sport at Manchester Metropolitan University as a Professor of Female Endocrinology and Exercise Physiology. In addition to her research on female athletes, which includes the menstrual cycle, hormonal contraceptives, and menstrual dysfunction, her work in recent years has examined pregnancy and postpartum considerations in a variety of populations including servicewomen (i.e., military personnel), athletes, and women with obesity. She is also passionate about raising the quality of research and practice in women's sport and has presented and written about methodological standards on numerous occasions. She has co-authored numerous peer-reviewed journal articles, book chapters,

expert and consensus statements, and editorials on/for sportswomen. In addition, she works with many organisations such as the United Kingdom Sports Institute, the European Club Association, UEFA, FIFPRO, Manchester Thunder Netball Team, and Arsenal Women's Football Team and is part of several special interest groups and advisory boards related to female athletes.